

# “Move More”

[www.move-more.org](http://www.move-more.org)



Your doctor told you to exercise, and you keep thinking, “How can I find the time and the motivation?”

Walking with family or friends can really help you achieve your physical activity goals.

Your family needs you!

Call Move More for some free motivation!

*For more information about  
Move More, call  
474.7473, 621.3741, or 872.4102*